

Theme: Lunar New Year Part 2

Date: February 18, 2021

Hello StrongStart families,

Today's email is put together by Teacher Sandy (from Queen Alexandra).

This year, **Lunar New Year is on Friday February 12th, 2021.** It is the year of the Ox.



This is a celebration of the beginning of a new year for many Asian cultures. I am a third generation Canadian born Chinese and despite celebrating this holiday every year, I am still learning new things on how different families/cultures celebrate Lunar New Year. For my family, our celebration always included a lot of food and helping my grandmother cook is one of my fondest memories.

People celebrate Lunar New Year in many ways and here are just a few. Let me know what some traditions in your home are!

- Making dumplings with all sorts of filling in different shapes!
- Cleaning our house after the start of the new year is a no-no because it's like we are cleaning away all the good luck. Wait at least a few days!
- Visiting our families and friends (in person, video chat or phone call) to wish them a happy new year. Sometimes, people bring gifts wrapped in gold or red paper (those are lucky colours).
- Adults usually give children red envelopes (filled with money) which symbolizes good luck and helps ward off bad things.
- On the first day of the new year, try to wear red or new clothes.
- The lion dance is one of the most important traditions. It is performed to bring prosperity and good luck for the upcoming year. Check out a video of a lion dance in Hong Kong - <https://youtu.be/Bs0GuU0cUtw>. A lion dance is performed by two people where a dragon dance is very long and performed by many people.



As mentioned earlier, making dumplings (or wontons) is a tradition for many families during Lunar New Year. Here is a simple recipe to try at home:

Ingredients:

- 1lb of ground pork (you can swap out pork for other meats or make a veggie version with cabbage, spinach, carrots, etc)
- 1 tsp green onion, finely chopped
- 1 tsp grated ginger
- 1 clove minced garlic
- 1 tsp soy sauce
- 1 tsp sesame oil
- 1 tsp salt
- 1 egg
- dash of pepper
- 1 package of wonton wrappers (found in the refrigerated noodle section in most grocery stores)



Instructions:

1. Mix the pork (or veggies) and all the other ingredients up to the dash of pepper together.
2. Spoon about 1 Tbsp of filling on the center of each of the wonton wrapper. Use your finger to moisten the edges of the wrapper with water. Squeeze together as if you are making a present.
3. Drop them into boiling water until they float. Remove when they are done.
4. Serve with broth or in a bowl with some soy sauce!

After a tasty snack, here are two craft ideas to try: Paper Plate Panda and Newspaper Fan.

Paper Plate Panda



Materials:

- white paper plates
- black construction paper
- large googly eyes
- scissors and glue

Instructions:

1. Cut out eye patches and ears for the face.
2. Glue on the face shapes onto the paper plate.

Newspaper Fan



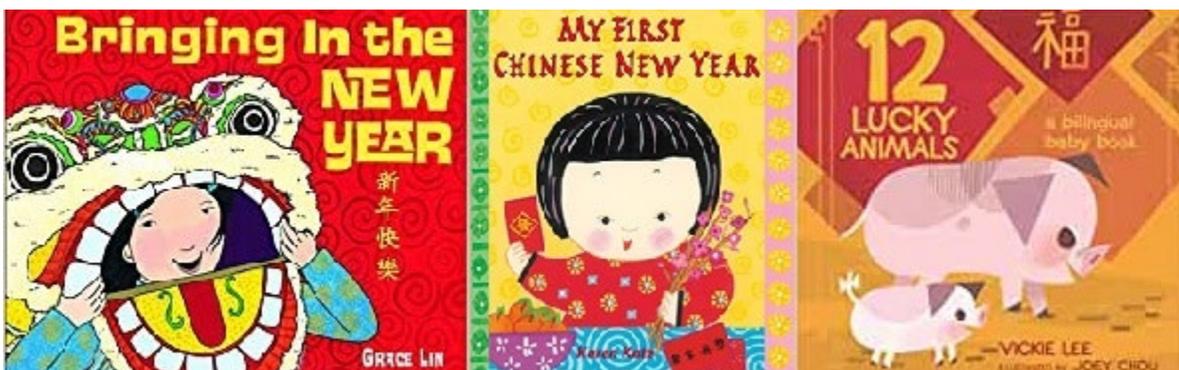
Materials:

- newspaper
- glue
- popsicle sticks
- paint
- scissors

Instructions:

1. Cut out a large fan shape from newspaper.
2. Paint it with watered down glue. Let dry so the paper can stiffen.
3. Decorate with paint or stickers.
4. Add popsicle sticks at the bottom for your handle.

Now, for some Lunar New Year books, here are three for you to read at home!



- Bringing in the New Year by Grace Lin - <https://youtu.be/-UmFIBzXJMY>
- My First Chinese New Year by Karen Katz - <https://youtu.be/iGghkuEMZl8>
- 12 Lucky Animals by Vickie Lee and Joey Chou - <https://youtu.be/XWv4Bm9L-Ps>

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- **Toddlertime on**

Zoom: <https://vpl.bibliocommons.com/events/search/q=Toddler%20Storytime%20on%20Zoom>

- Facebook: <https://www.facebook.com/groups/VPLKidsGroup/permalink/305851480553261/>

- YouTube: www.youtube.com/user/vancouverlibrary

